



NEWSNOTES

Dates and times are subject to change. Check with the event coordinator prior to the event.

Voting Information

There are only 32 days left until the Nov. 6 general election. Call 754-VOTE or email jbmcdl@us.af.mil for more information.

October is Energy Action Month

October is dedicated as Energy Action Month and it provides the opportunity to promote energy and water conservation awareness to Airmen as part of a national campaign led by the Department of Energy. This year's theme, "I am Air Force Energy," puts Airmen at the center of the campaign. The goal of the campaign is to help Airmen realize they can make a difference in overall Air Force by improving resiliency, reducing demand, assuring supply and fostering an energy aware culture. Throughout the month we will highlight success stories from around the Air Force that will celebrate innovative ideas and accomplishments from Airmen across all levels.

Creative K-9's

The Arts & Crafts Center is set to host a 'Paw-some' outdoor event for creative K-9's from 10:30 a.m. to 2:30 p.m. Oct. 6 at Bldg. 6039. Let your lovable pooch create his or her own doggie masterpiece on canvas and as a ceramic keepsake plate. Call 562-5691 for more information; preregistration is required. The fee is \$10 and includes all materials.

Pink bag lunch and learn

The 87th Medical Group is set to host a Pink bag lunch and learn event from 11:30 a.m. to 12:30 p.m. Oct. 9 at Bldg. 3458 in the Edwards Resource Center. The seminar will address information what you need to know about detecting breast cancer early and will be followed up with a question and answer. Call 754-2462 for more information.

Transition Assistance Program seminar

The Warfighter Family Readiness Center is set to host a four-day Transition Assistance Program seminar from 8:30 a.m. to 4:30 p.m. Oct. 9 through 12 at Bldg. 3011. Call 754-3154 for more information. Preregistration is required.

Army Tuition Assistance and GoArmyEd.com

The Warfighter Family Readiness Center is set to host an Army Tuition Assistance and GoArmyEd.com Workshop from 9 to 11 a.m. Oct. 10 at Bldg. 5644. Soldiers will receive information regarding requesting tuition assistance, policies and requirements, as well as instructional guidance navigating www.goarmyed.com. Call 562-6554 for more information.

Military family seminar on parenting

The Warfighter Family Readiness Center is set to host a military family seminar on parenting topics, tantrums, behaviors and timeouts from 10 to 11 a.m. Oct. 10 at Bldg. 488 on Lakehurst. A military family life consultant will be available to present strategies for parents to prevent losing their tempers when dealing with children of all ages. Call (732) 323-1248 for more information. Preregistration is required.

McGuire Auto Hobby Shop

The Auto Hobby Shop is set to host a car care class from 11:30 a.m. to 12:30 p.m. Oct. 10 at Bldg. 2416. The class will focus on winterizing your vehicle. Call 754-4316 to register or for more information.

Navy Ball

The Navy Ball is set for 6 p.m. Oct. 12 at the Caesar's Hotel and Casino, Atlantic City, N.J. Cocktails are set to begin at 5:30 p.m. followed by dinner at 6:30 p.m. Call (732) 323-1257 or 754-8305 for more information.

Armed Forces Freedom Run

An Armed Forces Freedom Run is scheduled for 9 a.m. Oct. 13 at Burlington County Fairground, located at Rte. 206 and Jacksonville-Jobstown Rd., Springfield, N.J. Call 265-5056 or visit info@armedforcesfreedomrun.com or www.armedforcesfreedomrun.com for more information.

Sweetheart's Seminar

The Warfighter Family Readiness Center is set to host a 'Sweetheart's Seminar' from 8:30 a.m. to 3:30 p.m. Oct. 13 at Bldg. 3011. The seminar is designed to increase understanding, problem solving and intimacy for military couples. Call 754-3154 for more information. Preregistration is required.

College Fair

The Joint Base McGuire Education Center is set to host a College Fair from 10 a.m. to 2 p.m. Oct. 13 at Bldg. 3829. More than 15 colleges and universities will be on-hand to distribute information on its undergraduate and graduate programs. The college fair is open to all Department of Defense identification card holders.

See more NEWSNOTES on Page 8

AMC commander joins JB MDL to honor wounded warrior

By Master Sgt. Denise Johnson
Joint Base McGuire-Dix-Lakehurst Public Affairs

Gen. Ray Johns, Air Mobility Command commander, presented Staff Sgt. Brian Williams with a Purple Heart, the Air Force Combat Action Medal and a Bronze Star Medal during a ceremony at the Joint Base Theater here Sept. 28.

The commander, who was visiting from AMC Headquarters at Scott Air Force Base, Ill., joined multitudes of Joint Base McGuire-Dix-Lakehurst members as they paid tribute to the 87th Security Forces Squadron military working dog handler who fell victim to an improvised explosive device attack in southern Afghanistan April 25.

The six-time deployer sustained, among other wounds, injuries to all four limbs including the loss of his left leg above the knee while clearing an IED-manufacturing compound.

The ceremony marked Williams' first public appearance at his home base since the incident. More than 500 supporters filled the theater to standing-room only as the Phoenix, Ariz., native made his way to center stage. The commander waited patiently, deferring to the guest of honor as the applause and cheers rose to a deafening crescendo for nearly a minute.

"Brian has been an inspiration to us all," said Lt. Col. Jeremy Novak, 87th SFS commander and event emcee. "He's epitomized the defender mindset, overcoming obstacles some would find insurmountable."

Williams' months have been filled with numerous surgeries since his return, in addition to extensive physical therapy and rehabilitation. He's been reunited with family and friends, and has shared several poignant visits with his MWD partner, Carly, since that fateful day.

"I am humbled by the outpouring of support," Williams said. "It's been a trying road, but my family - including my security forces and JB MDL family - has been with me every step of the way ... from the moment the wheels touched down on U.S. soil."

Williams returned from Afghanistan via Germany, landing at Joint Base Andrews in Maryland April 29 aboard the Mississippi Air National Guard C-17A Globemaster III named "The Spirit of the Purple Heart." His family and girlfriend, in addition to 87th Air Base Wing leaders, traveled to Maryland in a show of solidarity and support to their wounded warrior.

"It's my honor to present these decorations to Sergeant Williams. He represents the countless



men and women in uniform who put themselves in harm's way every day," Johns said, following the ceremony. "He represents that indomitable spirit found in the hearts of heroes. I am incredibly proud to know him and to be present to acknowledge his and his families' sacrifice."

Williams still resides at the Walter Reed National Military Medical Center in Bethesda, Md., where he is receiving ongoing treatment and therapy.

Williams' parents are both retired Soldiers. His father, Lionel Williams is a retired sergeant first class who currently resides in Peoria, Ariz.; his mother, Catherine Williams, retired as an Army

staff sergeant and calls Sierra Vista, Ariz., home.

Williams extended his gratitude to his deployed unit, the Soldiers who were with him, the medical personnel downrange and in Germany, and to the aircrews who transported him so expeditiously. He also individually thanked each of the senior leaders who visited and supported him; acknowledged friends and family for their enduring support; and shared a special word of appreciation for his girlfriend, Emily Christofaro, "Thank you for not giving up on me ... for being there on ("The Spirit of the Purple Heart") when I needed to see you."

See WARRIOR, Page 6

CFC kicks-off at JB MDL

By 2nd Lt. David J. Murphy
Joint Base McGuire-Dix-Lakehurst
Public Affairs

The 2012 Combined Federal Campaign kicked off Oct. 2 at Tommy B's Community Activities Center here.

The event marked the beginning of the CPC's South Jersey campaign, which includes Joint Base McGuire-Dix-Lakehurst in addition to the regions of Mercer and Ocean County down to Cape May.

The kick-off allowed attendees to learn about the campaign and meet face-to-face with different local organizations featured in the CPC agency directory.

"It's nice to put a face to an organization," said Valerie Brown, South Jersey CPC campaign manager. "This way they actually get to see what they do while learning how important they are to the fabric of the community."

The directory features more than 2,500 different entries which include local, national and international agencies.

"We had good attendance and the message was well received," said Senior Master Sgt. Loreta West, 87th Medical Group medical logistics flight chief and the chairman of the local federal coordination committee. "The campaign on-base will run from now until Nov. 15, and representatives will be assigned

See CFC, Page 9



Dick Essex and Joan Brown, American Red Cross representatives, speak with Master Sgt. Angela Bergerstock, 87th Dental Squadron support flight chief, during the Combined Federal Campaign event at Tommy B's Community Activities Center Oct. 2 here. The event marked the beginning of the CFC's South Jersey campaign, which includes Joint Base McGuire-Dix-Lakehurst in addition to the regions of Mercer and Ocean County down to Cape May. Donors can give by payroll deduction or make a one-time gift to the charity or charities of their choice. (U.S. Air Force photo by Russ Meseroll/Released)

PsyOps Soldiers train for mission

Soldiers with the 320th Psychological Operations Company from Clackamas, Ore., maneuver to the starting line in preparation of their Humvee table training at a range on Joint Base McGuire-Dix-Lakehurst.



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EARS refuel aircraft in flight

It's 4:30 a.m., and four Airmen have already had breakfast and a pre-flight briefing as they leave their squadron. They grab water and more food before heading to their aircraft.

Music and friendly banter wafts within the cockpit as the crew performs pre-flight checks with their ground crew.



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Navy provides subsistence

Low-income service members with families may benefit from the Family Subsistence Supplemental Allowance Program, according to a Navy message released Sept. 24. FSSA is an additional food allowance some military families may qualify for based on a member's household size and household income.



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The Weekend Weather

Today
High 80/Low 57
Sunny



Saturday
High 74/Low 49
Mostly Cloudy



Sunday
High 58/Low 44
Rain



Scott Airmen lead run for fallen

By Lt. Col. Elizabeth Clay
Headquarters Air Mobility Command Logistics
Assessment Branch chief

SCOTT AIR FORCE BASE, Ill. – Did you know that if you are currently serving in the military, your mom and dad are called Blue Star parents? Many Blue Star families hang a service banner in their home window signifying the number of children that are serving in the military by the number of blue stars on the banner. However, if you die while serving in the military, that blue-colored star turns to gold. And your family members are now designated as Gold Star moms and dads, brothers and sisters, husbands and wives, grandmas and grandpas. Gold Star families have suffered the ultimate sacrifice and I believe we need to ensure that they are recognized.

You're not alone if you didn't know this information. I just learned about Gold Star families a few years ago. Since then my husband and I have vowed to do everything we can to recognize these families including attending memorial events for the fallen and participating in and creating runs and ruck marches for the fallen at every base we get stationed. We set off to the west coast Sept. 28 to honor California's fallen heroes. There are more than 5,000 service members who have died during the wars in Iraq and Afghanistan and the state of California was home to more than 700 of them. As founders of the California Run for the Fallen, my husband and I have dedicated the past two years ensuring the memories of our fallen service members and their families are never forgotten.

The California Run for the Fallen is an organization of runners and support crew whose mission is clear and simple: to raise awareness for the lives of California service members who have fallen during or as a result of Operations Enduring Freedom, Iraqi Freedom, and New Dawn; to rejuvenate their memories and keep their spirits alive; to support organizations that aid California Gold Star Families; and to aid in the healing process for those families

whose lives have been affected by combatant or non-combatant situations.

A dedicated team of runners, consisting of active duty and retired military from Travis Air Force Base, Calif., and other local communities, set out from Elk Grove to run 150 miles through California on the last weekend of every September, finishing at the Sacramento Valley Veteran's Affairs National Cemetery in Dixon. The run team will place an American flag with a personal biographical card for each California service member who has fallen at each mile. Each mile ran and each flag saluted is to pay homage to those who gave the ultimate sacrifice and to their families left behind. Our intent is to create a 150-mile long memorial trail through California. The last 10K of this run was open for registration to the public.

The event had its beginnings in the summer of 2008 when a small group of civilians ran 4,000 miles across America. They called themselves "Run for the Fallen," and their mission was to run one mile for every service member killed in Operation Iraqi Freedom. "To Them That's Gone" is the documentary of this inspirational and historic event. 1st Lt. Michael J. Cleary, of Dallas, Pa., was killed in action, in the town of Ad Duluiyah, Iraq on Dec. 20, 2005. Michael was 24 years old and was due to return home to his family and fiancée just 10 days later. In response to this devastating loss, Mike's best friend and college roommate, Jon Bellona, founded Run for the Fallen. Jon put together a team comprised of Mike's fiancée, sister and other friends. They did not run for or against the war, and refused any political affiliation. They ran only because they felt it was the right thing to do.

Since then, off-shoots of Jon Bellona's original Run for the Fallen have started. The first was created by my former first sergeant, Senior Master Sgt. Bubba Beason, when he and I were stationed together as commander and first sergeant of the 305th Maintenance Squadron at then McGuire AFB, created the run to honor and bring awareness to all Gold Star Mothers and for the fallen who gave their

all in the state of New Jersey. I had the privilege of participating in the 140-mile New Jersey Run for the Fallen for two years. To date, three states; New Jersey, Arkansas, and California all host state-wide Runs for the Fallen, all created from Sgt. Beason's vision.

When Sgt. Beason first asked me to be one of the 24 runners on the 2009 team, I had no idea back then the impact this event would have on my soul today. As each of the two-man teams carrying a large U.S. and New Jersey flag ran our three, 6-mile legs along the 140-mile route from Cape May to Holmdel, N.J., through grueling heat, humidity, wind and sometimes huge rain down pours, we were met along the way by local residents, city workers, firefighters and family members of the fallen cheering and waving American flags in support of our cause. But it's not the cheering crowds that kept us running. It's the look of the grieving mother and the families of the fallen for whom we run that motivated us to never quit. My experience running for the fallen in New Jersey is what gave me the desire to create a similar run at my next duty location, which happened to be Travis AFB.

It makes me proud to say that my husband, Chris, led the charge as director of the 2012 event in California. The California Run for the Fallen has been in the works for well over a year.

"It is such an honor and privilege to be in the presence of these families," said Chris. "I will organize and participate in the Runs for the Fallen as often as I am able. And you can be sure that Liz and I will do everything we can to make sure that there will be an Illinois Run for the Fallen to take place while we're stationed here at Scott."

Since June 23, 1936, a joint congressional resolution designated the last Sunday in September as Gold Star Mother's Day, a holiday that has been observed each year by a presidential proclamation. It originated during World War II, when families displayed small flags with a gold star in a window after the death of a loved one in the military service.

COMMANDER'S ACTION LINE



Col. John Wood
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil. Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.

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108th Wing Airman gains motivation from family, tradition, Airman's Creed

By Donna Clementoni
Director of employer outreach for N.J.
ESGR

In retrospect, it will be fierce determination that advances Courtney Beard's career to an enviable status.

At 23-years-old, she already has her staff sergeant stripes on her arm and a stunning list of achievements. New Jersey Air National Guard State Command Chief Vincent Morton confirms, "she is going places."

The first stop will be Long Beach, Calif., when she attends the Enlisted Association of the Nation Guard United States Conference. She is the NJANG 2011 Airman of the Year and will represent the state at the convention while a national winner is announced.

But the accolades continue—Beard was also named the 2011 U.S. Air Force Intelligence Surveillance & Reconnaissance NCO of the Year.

Her Airmen comrades from the 108th Wing claim her to be the "Airman of the Century" and an older unit member jokes that she "wants to be like Beard" when she grows up.

Now a staff sergeant, Beard greatly appreciates the recognition for her achievements, but she has already set her focus on the next challenges.

Though she is perfectly coiffed in her dress uniform, she is not afraid to get "down and dirty." From a deep level and stemming from a family tradition, Beard is a warrior.

Her family can trace their military involvement back to the Revolutionary War. Her grandfather, Harold Allen Beard Sr., was a Marine. Her parents, both in the U.S. Air Force at the time, met at Lakenheath Royal Air Force Base in England, where Beard was born. Her brother, Harold Allen Beard III, recently enlisted in the Army and her youngest sibling, Jacob, is sure to respond to the call of duty.

But behind every success, there is usually an equivalent sacrifice. For Beard, it was her mother, Heather, that made the decision to not stay in the Air Force when she discovered she was pregnant with her daughter. Motherhood became a priority that she wholeheartedly embraced. She took pride in her decision to "invest in her children and support their development." In addition, she had to be ready to "deploy" when her husband's civilian career required them to relocate.

By all accounts, Heather Beard's crucial decision has paid dividends when she reflects on her daughter's accomplishments. It is easy to see where Courtney Beard's patriotism and desire to serve her country stems from. Her mother eloquently explains, "Freedom isn't free, and some parents are sacrificing everything (their lives)." Possibly she surmises, "Because they believe that is in the

best interest of their children."

History aside, it was pure grit and determination that made Courtney Beard the first female and the first Airman to complete the Army's grueling 18-hour Spur Ride. The Order of the Spur is a Cavalry tradition within the United States Army. The Spur Ride takes those up for the challenge through a grueling series of mental and physical tests. While serving with a Cavalry Unit during her 2010 deployment to Baghdad, Iraq, Beard was able to compete in, and complete the Spur Ride and earn the honor of being the first female and first Airman to "march, low-crawl and sweat her way into history."

Army 1st Sgt. Brian McCutcheon, was on hand to provide that extra edge of motivation when on the 14th hour Beard thought she expended her last ounce of energy. "Finishing the Spur Ride would forever be proof that she could attack any obstacle head-on and be successful," he said.

In all that day, twenty-seven participants "earned their spurs." With the exception of Beard, they were all Army males. Beard knew she earned their respect when the III Corps commander asked her to switch "from blue to green" and join the Army team.

Though flattered, there is no doubt in Beard's mind that the Air National Guard is the perfect fit for her.

While in high school in Brooklyn, N.Y., Beard was active in the JROTC program and had extensive interaction with recruiters from all the military branches. "I did my homework," said Beard, as she recalls on how she researched all of her options before taking her oath to be a member of the New Jersey National Guard in July

of 2007. "I am definitely re-enlisting."

Beard wasn't content to stay state-side as a traditional Guardsman. "My leadership knew I wanted to be deployed," she explained. "When the opportunity came in 2010, I accepted."

Her six-month tour in Baghdad — where she served with the 467th Expeditionary Intelligence Squadron — was voluntarily extended to one year. Beard felt that during the early months overseas she learned the "ins and outs of the job and could stay and help the process run smoother." The extended tour enabled her to "stay out there and make a difference," she said.

The confident staff sergeant currently sees another deployment in her five-year plan, but she understands deploying puts her life on hold. "I find the mission to be very important and that is all you want to focus on," said Beard.

Her focus currently reflects in several strategic directions. Beard recently moved to Aberdeen, Md., where she is working at Aberdeen Proving Grounds as an IT help desk technician for Software Engineering Command, Army Material Command.

She is progressing on her studies toward a bachelor's degree in computer sciences at Thomas Edison State College. In the meantime, Beard has the distinct honor of being chosen as one of the first ten students accepted into the "Warrior to Cyber Warrior" Cyber Security training program, where hundreds of applications were submitted.

Beard's unit, the 204th Intelligence Squadron of the 108th Wing, is the first Air National Guard Squadron that is solely dedicated to providing intelligence instruction and training

products to the U.S. Air Force Expeditionary Center's Mobility Air Force Training course. It is the first course of its kind in the intelligence community that integrates active guard and reserve students.

Beard is hoping to become a certified instructor for her unit and is considering Officer Candidate School when she finishes her bachelor's degree.

She will have lots of time to look back at her accomplishments, but for now she is driven toward success at an exhilarating pace. She wants to make her father's dream come true, which is to have his children succeed further than he has. As the Airman's creed professes, "I am faithful to a proud heritage, a tradition of honor, a legacy of valor."

With his own storied list of accomplishments, she has her work cut out for her. In addition to being a New Jersey National Guardsman with the 108th Contingency Response Group, Harold Allen Beard Jr. works at Washington D.C. at the Central Office with the Department of Justice.

"He is my professional hero," she proclaims. "He has motivated me. Just by example and the path he has chosen for himself."

Courtney Beard takes personal pride and derives motivation from the Airman's Creed. She can recite it flawlessly and passionately without looking at her notes, as she did recently when former State Command Chief Michael Francis selected her to read it at his retirement.

"I am an American Airman... I will never falter. And I will not fail."

PsyOps Soldiers train for mission



Soldiers with the 320th Psychological Operations Company from Clackamas, Ore., maneuver to the starting line in preparation of their Humvee table training at a range on Joint Base McGuire-Dix-Lakehurst Sept. 25. The PsyOps soldiers, who are being trained by the 314th Battalion, 174th Brigade, are preparing to deploy to south east Asia. (U.S. Air Force photo by Pascual Flores/Released)

OSD visit provides joint basing perspective

By Senior Airman Jarad A. Denton
633rd Air Base Wing Public Affairs

JOINT BASE LANGLEY-EUSTIS, Va. — "Joint-basing" typically invokes myriad responses when discussed between service members.

This was certainly the case as the Joint Base Langley-Eustis concept was discussed in depth between senior leaders from both Langley Air Force Base and Fort Eustis, Va., and the Office of the Secretary of Defense on Sept. 20 and 21.

"Joint basing is hard," said Air Force Col. Charles Perham, deputy director of basing with the Office of the Deputy Under Secretary of Defense. "There are 46 separate installation support functions where the services had to develop common definitions for working with one another. The best solutions often bridge across service lines."

Joint basing began in 2005 after the

president passed into law the Defense Base Realignment and Closure Commission which realigned 26 geographically proximate installations into 12 joint bases with one service taking the lead at each location.

"Joint bases are viewed as national assets," Perham said. "They are unique and therefore receive a lot of attention."

Much of that attention focuses on the aims of joint basing, which are to optimize the delivery of installation support — finding the best ways for those 46 functions to work effectively, and through innovation, developing best practices and efficiencies. Examples of some of the 46 functions are in the areas of airfield operations, grounds maintenance, custodial services, and child and youth programs to name a few.

"These bases have the opportunities to be engines of innovation for the

DOD," Perham said. "Even though we merged bases together, we are continually striving to preserve unique service culture and heritage."

Perham said military innovation exists as a way to introduce new methods and procedures into practices and operations. He said the unforeseen benefits joint basing offers toward innovation and cultural appreciation within the military are tremendous.

"We deploy to joint environments," Perham said. "A service member assigned to a joint base as their first assignment should have a leg up on a deployment over someone assigned to a regular installation."

With nearly 900 service members from Langley and Fort Eustis currently deployed, the benefits to understanding joint service operations can be seen both downrange and at the joint base.

"We have a very robust deployment mission built into JBLE," said U.S. Air Force Col. Korvin Auch, 633rd Air Base Wing commander. "Anyone who has been downrange knows that joint is the way we do business in that environment."

Auch said the focus of the joint base has always been geared toward completing the mission and meeting the needs of the nation.

"Joint bases are all about the mission," Auch said. "It's tougher in a resource-constrained environment, but JBLE is successful because we are getting the mission done."

During these lean financial times, Perham said service members at all levels have been asked to look for proactive means to save money, manpower and resources. While data on how Joint Base Langley-Eustis has been performing is

forthcoming, Perham said the bridge toward the future of joint basing can only be strengthened through education of the joint-base concept at all levels.

"The job of the leaders at joint-bases is to educate," he said. "JBLE is unique because its bases are geographically separate; therefore, it brings unique challenges and strengths to the table."

One of the challenges between Fort Eustis and Langley is communicating well while preserving service culture. Perham said different ways of handling a situation can exist between services, but through cooperation the final way forward can be stronger, while still respectful of each service's unique identity.

"Change is difficult," Perham said. "Joint basing is here to stay. Service members need to be open-minded and ask themselves how they can do their job better in a joint environment."

Pro hockey team visits base, builds team camaraderie

By Staff Sgt. David Carbajal
Joint Base McGuire-Dix-Lakehurst Public Affairs

Marine Aircraft Group 49 hosted professional hockey players and coaches on the joint base as part of a team building exercise Sept. 30.

The Bridgeport Sound Tigers is an American Hockey League organization and the minor league affiliate of the National Hockey League's New York Islanders.

After the team arrived to an open grassy area of base, the Marines instructed the hockey players and coaches how to pack military-style rucksacks.

"We explained how they were going to pack their gear," said Marine Corps Staff Sgt. Lorris Wilson, reserve company gunnery sergeant. "Basically, all the equipment we'd need to survive if we're out on movements while we're in a combat setting."

The rucksacks included various things from an entrenching tool to a sleeping pad.

After the rucks were filled with gear, the players and coaches were separated into three "platoons" to give team captains the opportunity to lead, said Doug Holewa, assistant coach and former Marine Corps captain. The team then donned Kevlar helmets, flak jackets and their rucks and began their 1.5 mile-hike to the ranges where they would conduct the team-building exercises.

Several players suffered mock injuries during the hike to continue the team-building objectives, said Wilson.

"About half way in, we inflicted a little confusion," said Wilson. "Some team members went down with injuries, so they had to firemen's carry or put them on a litter to get to the 'rally point.'"

Once the teams completed the hike, players were separated into smaller teams and tested with scenarios at the Leadership Reaction Course, which is a series of obstacles designed to focus on leadership and teamwork.

"The course is supposed to get you to think outside the box and to help the team understand they can overcome any adversity," said Wilson.

One of the team leaders expressed the challenging nature of the course tasks.

"I've never done anything like this," said Ty Wishart, defenseman with the team after completing the tasks. "I've done a few obstacle courses before, but nothing to this magnitude or this mentally challenging."

Once all teams completed the course tasks, Wilson expressed the value of the reaction course to the hockey players.

"This is about building cohesion and teamwork," said Wilson. "You're only as strong as your weakest person."

First-year Head Coach Scott Fellerin saw another benefit to the team-building exercise.

"The biggest thing that I was impressed with,



A four-man team of Sound Tigers attempts to place a board across a simulated river at Task 7 of the Leadership Reaction Course on Dix during the team's visit to the base Sept. 30. The players and coaches visited the base to conduct team-building exercises with Marines from Marine Aircraft Group 49. The Sound Tigers is a minor league affiliate of the National Hockey League's New York Islanders. (U.S. Air Force photo by Staff Sgt. David Carbajal/Released)

because it's a new group and several new players, was the communication," Fellerin said. "Good communication is something that can directly improve the team both on and off the rink."

Breaking the group back into their original three teams, the players donned their gear and hiked back to their starting location.

"I think our players really enjoyed the exercise," Fellerin said. "I think the tasks were more difficult than the players thought it was going to be, but the players battled through it."

After all military gear was separated and turned in, the Marines showed the hockey players their hangar and briefed the players on the capabilities of the UH-1N Iroquois and AH-1W Super Cobra.

The Sound Tigers organization grilled steaks and chicken at Willow Pond to thank the Marines for their contribution and hospitality.

"Overall, the goal is to build more camaraderie, togetherness and closeness between the team members and the captains," Wilson said.



Marine Corps Staff Sgt. Lorris Wilson, Marine Aircraft Group 49 reserve company gunnery sergeant, is interviewed by members of the Bridgeport Sound Tigers organization during the team's visit to the base Sept. 30. About 40 members of the Sound Tigers organization visited the base as part of a team-building exercise. (U.S. Air Force photo by Staff Sgt. David Carbajal/Released)

DOD implements new flight cancellation policy for travelers

By Army Sgt. 1st Class
Tyrone C. Marshall Jr.
American Forces Press Service

WASHINGTON — The Defense Department is working with airlines to implement a new flight cancellation policy that will affect air travel for temporary duty travelers, a Pentagon official said Sept. 27.

Andrea Carlock, chief of the program management branch, which serves as part of the Defense Travel Management Office, discussed the genesis of these changes and the potential impact on DOD travelers.

"Effective Oct. 1, any authorization that has airline reservations associated with it will be canceled if not approved and ticketed at least 72 hours prior to the scheduled flight departure," she said.

"Airlines expressed to GSA, as the program manager, that many of our government travelers were making reservations and were not canceling those reservations," Carlock explained. "Because of the lack of cancellations (for) those reservations, the airlines were losing money.

So with that, GSA implemented this new policy."

According to Carlock, the new policy governs the time requirements for travelers and authorization officials to make and approve arrangements for flights before travel occurs.

"The government employee needs to keep in mind that when you make a reservation, be it through (Defense Travel System) or the Commercial Travel Office ... you're doing just that — making (a) reservation," she said. "If your approving official does not approve that authorization, that ticket cannot be issued," Carlock said. "So it could impact your mission and it could increase the cost of travel."

"How could it impact your mission?" she continued. "You could get to the airport and there are no more flights available for that particular timeframe."

Or it could increase costs, Carlock said, if the original flight was booked in a lower class of service and now only a higher class is available. This could generate increased costs to the department if authorization aren't approved and ticketed in a timely manner.

Carlock explained requirements for short notice travel that service members and their authorization officials should be aware of. "If you're going TDY on short-notice travel, and you're traveling within 72 hours of your flight departure time, you need to ensure that your (authorizing official) improves that authorization and (it is) ticketed," she said. "If they do not approve it within 24 hours of creation, the reservation will be canceled," Carlock advised.

For travel departing within 24 hours, she said, individuals need to ensure that they get their authorizations approved and ticketed six hours prior to scheduled flight departure time to prevent cancellation.

Carlock noted this information is available through the Defense Management Travel Office website, and the Commercial Travel Office will provide information on travelers' itineraries regarding cancellations.

A pop-up system is also being implemented for the Defense Travel System, she said, advising those intending to make flight arrangements of these new

requirements.

"It's very important for travelers to ensure that they're monitoring their authorizations," Carlock said. "The onus is on the traveler to ensure that the approving official approves the authorization and that they actually have a ticket that's been issued."

"(Additionally, travelers need to ensure that their DTS profiles are maintained, that their government travel charge card information is updated and that their travel card is activated," she added.

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Carlock encouraged travelers to ensure they take their itineraries with them to the airport upon departure.

"If they get to the airport and do not have a reservation, the

information to contact the Commercial Travel Office is located on that itinerary," she said. "That itinerary can be obtained at the time of booking."

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Deployed 305th AMW Airmen refuel aircraft in fight

By Tech. Sgt. Amanda Savannah
380th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA—It's 4:30 a.m., and four Airmen have already had breakfast and a pre-flight briefing as they leave their squadron. They grab water and more food before heading to their aircraft.

Music and friendly banter wafts within the cockpit as the crew performs pre-flight checks with their ground crew.

The music and conversation stops before takeoff as the four strap in and the pilot commands the KC-10 Extender off the flightline and barreling down the runway to begin their mission of refueling flying aircraft over Southwest Asia.

At the 380th Air Expeditionary Wing, this job is the responsibility of the 908th Expeditionary Air Refueling Squadron.

"The 908th's mission here is to provide maximum fuel to the fight so aircraft flying around supporting operations in (the U.S.) Central Command (area of operations) can stay aloft longer and meet all the tasks they need to support troops on the ground or other airborne assets in the area," said Lt. Col. David LeRoy, 908th EARS commander.

The squadron accomplishes its responsibilities with the KC-10 Extender, an advanced tanker and cargo aircraft designed to provide increased global mobility for U.S. armed forces.

The KC-10 uses two types of delivery methods to perform its primary mission of aerial refueling—a boom and a drogue. The boom is like a retractable metal pipe, which a boom operator maneuvers into a receiving aircraft's fuel receptacle. The drogue is a hose with a basket on the end, which receiving aircraft direct a probe into to receive fuel.

"The boom provides capability for Air Force aircraft; the drogue provides capability for both Navy and all the coalition fighters supporting the

operation," said LeRoy, a San Bernardino, Calif., native deployed from Travis Air Force Base, Calif. "We offload the gas through those two different mechanisms ... just like pulling up to the gas pump."

Each mission includes a pilot, also called the aircraft commander, co-pilot, flight engineer as well as the boom operator.

The crew members of this mission are deployed together from Joint Base McGuire-Dix-Lakehurst, N.J. The four fly every mission together as one crew while deployed with the 380th AEW.

"There's hardly a waking moment I'm not with one of the three," said Staff Sgt. Sean Killian, the flight engineer. "It's a blessing and a curse," he said, smiling.

Good-natured ribbing aside, working together is what Killian said he enjoys best about his job.

"We work together as a team for one goal," said Killian, a Lakewood, Colo., native. "It's the camaraderie that I like the best. We've got four guys who come out here in the span of eight weeks together, or 10 weeks ... you foster some really cool relationships."

Fostering their relationships also helps the crew communicate better, which is vital to performing the mission.

Crew resource management, which means using available resources and each crew member's knowledge, is basically good communication in the flying world, said Senior Airman Christopher Foley, KC-10 boom operator.

"CRM is a big thing, making sure you coordinate with each other, making sure everybody knows what everybody is doing, backing each other up," said Foley, a Princeton, N.J., native. "During (aerial refueling) I'm all the way in the back and (the other crew members) have no idea what I'm doing, so it's very important that I stay vocal, let them know what the receiver is doing, what I'm doing, who's going where."

Their flight out to the refueling point feels like a

short road trip, which even includes traveling along a strip they call the "highway."

Once they arrived, the crew soon learned that most, if not all, of its receivers on the schedule were supporting troops in contact.

"I just dropped a few bombs and I've got to get back," one receiving pilot said, and the KC-10 team cheered.

LeRoy said he tells his Airmen he guarantees situations like this will happen.

"I guarantee that on at least one of their missions ... they give off gas to an aircraft that supports people on the ground by either dropping bombs or a show of force and it saves somebody's life on the ground," the commander said. "Then it makes everything worth it."

These experiences are what 1st Lt. Andrew Veerathanongdech, KC-10 co-pilot, enjoys most.

"I believe experiences mold a person a lot," said Veerathanongdech, a Fairfax, Calif., native. "The experiences I get in this job, from being deployed, to traveling, to meeting all these people, is something that you will not get anywhere else."

Capt. Gabriel Miller, KC-10 pilot, recalled one of his most memorable experiences.

"We were over (a country) and there was an Italian fighter pilot," said Miller, a Sparta, N.J., native. "Something happened with one of his internal gas tanks and he couldn't get to the gas."

"He was real low on gas, and due to the weather he couldn't find his tanker. He basically said, 'If I can't get gas and find a tanker in the next five minutes, I'm going to eject over the Mediterranean Sea.'"

Miller said he could hear the nervousness and fear in the pilot's voice get worse as he found the tanker, which then suffered a problem.

"But the guys on the crew figured out a way to fix the problem, they gave (the pilot) the gas that he needed, and his mood changed drastically from five

minutes prior to five minutes after he got the fuel," Miller said. "I've never heard someone so emotionally upset on the radio."

LeRoy said he's amazed at what his Airmen do every day.

"My Airmen are doing awesome," he said. "The flexibility, the ingenuity, the can-do attitude they have—they make it happen every day. They do the mission, they know what they're supposed to be doing and it just amazes me on a day to day basis."

LeRoy said he's also amazed by the aircraft maintainers, intelligence Airmen, squadron aviation resource managers and others, whose do their job flawlessly and most without any days off.

"I've been here for almost four months and the people in this squadron, they just don't complain," he said. "They just do the job and move on."

The commander also added none of them could do their mission without base support.

"The support we get on the base is phenomenal, from everybody from the mission support group, the maintenance group, the medical group—they're all here to help and we appreciate that as well," he said. "We wouldn't be able to do the mission without them and we are cognizant of that."

The crew offloaded more than 67,000 pounds of fuel to eight receivers on this mission.

Killian put the fuel weight into perspective.

"That's about 10,000 gallons of fuel," he said. "If you had a vehicle with a 20-gallon tank and filled it once a week, it would take about nine years to go through that much gas."

The crew accomplished this offload in less than five hours.

The receivers refueled and the team's mission complete, they once again turned up the music and conversation, and began their "road trip" back to the wing.

Atlantic Strike Team aids ship demolition

By Airman Sean Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

U.S. Coast Guard Sector San Juan tasked the Atlantic Strike Team here to oversee contractors and site safety for the disassembly of a freighter ship, Motor Vessel Jireh, grounded in a coral reef June 21st Mona Island, Puerto Rico.

The AST was tasked for their unique role in the Coast Guard because they are one of only three highly trained teams equipped to respond to a biological crisis.

A unified command composed of the National Oceanic and Atmospheric Administration, U.S. Fish and Wildlife service, Commonwealth of Puerto Rico and the U.S. Coast Guard are managing the operation. However, each agency still has its respective responsibilities.

Managing all expenses allocated to the command for disposal of the ship is being done by the AST, including controlling inflation of expenses and ensuring contractors receive their pay.

Scraping and salvaging of potentially hazardous cargo or ship parts, like the 2,000 gallons of diesel fuel Motor Vessel Jireh was carrying, is the responsibility of the unified command. The freighter disassembly plan consists of cutting the ship to eight pieces, removing all cargo and sinking the vessel into deep waters.

The AST is also removing sections of the ship to reduce weight, protect the hull and increase buoyancy, before refloating and sinking the vessel.

Site safety, hazard mitigation and source control, Incident Command System support and environmental hazards response all fall within the responsibilities of the AST.

Hazard mitigation and source control are conducted by keeping a full AST hazmat team and pre-staged equipment available for threats of oil or hazardous substances releases. The AST also assess vessel damage, salvages, consults and characterizes waste and gives disposal advice.

"The unified command has assumed responsibility for the ship's disposal due to a lack of a responsible party," said Chief Warrant Officer Craig Coburn, AST deputy operations section chief.

AST's responsibilities also include preservation of a coral reef 500 feet from the freighter.

"The vessel managed to find the perfect area to ground without damaging the coral," said Studer. "Some coral there are endangered species and are at risk if a storm moves the ship. Protecting the native wildlife is the right thing to do."

Air Force lodging rates increase service-wide

By Debbie Gildea
Air Force Personnel Center
Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force lodging rates increased Oct. 1, according to an Air Force Personnel Center Officials Sept. 27 announcement, after four years without a rate increase.

The increase is necessary to ensure Air Force lodging rates cover current operating and capital improvement costs, said Maj. Gen. A.J. Stewart, AFPC commander.

The current \$39-nightly room rate for a visiting quarters room is now \$53.25 and temporary lodging facilities is now from \$43 to \$55 per night. Increased rates will fund costs for operations, room

renovations and construction, Stewart said.

Other adjustments may be necessary as the Air Force works to improve business processes, implement efficiencies and maintain lodging operations in a constrained budget environment, according to

Col. Thomas Joyce, director, AFPC Services Directorate.

"We are committed to keeping room rates as low as possible while providing clean, comfortable, quality facilities," he said. "This is part of our commitment to caring for Airmen and we take that

obligation very seriously. However, we must be realistic as well."

Air Force rates are lower than comparable commercial rates outside Air Force installations even with the rate increase, the director said.

"Coupled with quality service,

clean facilities and reasonably priced room rates, Air Force lodging facilities are still a great choice for Airmen, whether they're on temporary duty orders, retired and traveling, or just passing through," Stewart said.



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Navy provides subsistence assistance to qualifying families

By Navy Personnel Command Public Affairs
MILLINGTON, Tenn. — Low-income service members with families may benefit from the Family Subsistence Supplemental Allowance Program, according to a Navy message released Sept. 24.
FSSA is an additional food allowance some military families may qualify for based on a member's household size and household income.

The program is designed to bring eligible service members' gross household income to 130 percent of the federal poverty line as established by the U.S. Department of Agriculture according to Navy administrative message 292-12. The program is available for Sailors stationed in the United States and overseas. Members may be eligible for up to \$1,100 per month.
Active component and reserve Sailors on active duty who meet dependent

—and income-eligibility requirements on the Defense Manpower Data Center website may participate in the FSSA program.
To apply, Sailors must submit a signed application and associated documents through their chain of command to Office of the Chief of Naval Operations N130 for final certification and approval. OPNAV will forward approved applications to Defense Finance and Accounting Service for logging into the Sailors pay account.

Any increases in household income of \$100 or more per month or any decrease in the size of that household, must be reported within 30 days to the certifying official during participation in the FSSA Program. Sailors receiving FSSA are responsible to report changes. Failure to do so may result in termination of eligibility for the FSSA Program and command action.
The FSSA income may affect household's participation in certain programs


for which eligibility is based on income, such as subsidized school lunch programs, the Women, Infant, and Children Program, day care programs, and earned income tax credit.
Visit www.dmdc.osd.mil/fssa/ to determine eligibility and review application procedures.
Visit www.navy.mil/local/npc/ for more news from Navy Personnel Command.

'I am Air Force Energy' campaign kicks off

By 10th Air Force
October, Energy Action Month, provides an opportunity to promote energy and water conservation awareness to Airmen as part of a national campaign led by the Department of Energy. This year's theme, "I am Air Force Energy," puts the Airmen at the center of the campaign. The goal is to inspire the total force to make a commitment to a continual change in organizational and personal energy use, and help Airmen realize they can make a difference in overall Air Force energy efforts.
The Air Force will highlight energy success stories beginning this month from around the Air Force enterprise in videos, fact sheets and articles distributed via the Air Force website, Facebook, YouTube and base newspapers. These will celebrate the innovative ideas and accomplishments of Airmen at all levels across the country and around the world and provide energy-saving tips to reduce energy and water use and save money.
"Every Airman is charged to 'make energy a consideration in all we do' and through active awareness and training programs we enforce that charge," said Maj. Gen. Timothy Byers, the Air Force Civil Engineer. "We must take the lead in energy conservation, renewable energy utilization and energy security as the Air Force seeks to save energy, reduce cost and keep our country insulated from the volatility energy engenders."
All the data is not in yet, but the Air Force estimates it spent more than \$10 billion on energy in fiscal year 2012, almost 10 percent of its total budget. "The Air Force is fully committed to improving resiliency, reducing demand, assuring supply and fostering an energy aware culture," said Terry Yonkers, Assistant Secretary of Air Force Installations, Environment and Logistics. "The overriding concern is to secure energy for the future."
Achieving each of these goals — improving

resiliency, reducing demand, assuring supply and fostering an energy aware culture — involves the hard work and innovation of Airmen. A number of Airmen have gone above and beyond to have a real impact in the last year.
Improve resiliency
Capt. Reid Touchberry, the energy manager at Misawa Air Base, Japan, helped get power back on immediately following the Tohoku earthquake and tsunami. He led the "base energy nerve cell" consisting of Airmen, Japanese engineers and contractors. The team tracked generator assets; developed contingency plans to restore power using large-scale mobile generators; developed and implemented an emergency conservation plan and promoted energy conservation across the base that will save an estimated \$3 million annually.
Reduce demand
Air Mobility Command provides worldwide cargo and passenger delivery, air refueling, aeromedical evacuation and transports humanitarian relief supplies in response to global disasters. AMC successfully implemented software that gives pilots the most energy-efficient altitude and speed based on atmospheric conditions. AMC also upgraded the KC-135 engine and is funding a fuel efficiency initiative to reduce drag on the KC-10. These three initiatives are projected to save the Department of Defense \$284 million through the next 10 years.
The 75th Medical Group at Hill AFB, Utah, reduced energy demand in its two clinics by 43 percent in 2011. The 75th MDG created customized climate control settings for telecommunication equipment rooms on a designated air conditioning system; adjusted indoor climate set-points, replaced single pane windows, doors and inefficient light bulbs.
Assuring supply
The Air Force is looking to alternative domestic fuels to increase fuel supply. Thunderbirds pilot Major

Power the Force. Fuel the Fight.



I AM AIR FORCE ENERGY


October, Energy Action Month, provides an opportunity to promote energy and water conservation awareness to Airmen as part of a national campaign led by the Department of Energy. (U.S. Air Force courtesy graphic/Released)

Aaron Jelinek flew the first solo flight on a 50/50 blend of JP-8 traditional jet fuel and a biomass fuel derived from plant seed oil and animal fat in 2011 in support of this initiative. Since then, the Air Force has certified all aircraft on a 50/50 blend of JP-8 and synthetic fuel; and 80 percent of its aircraft on a 50/50 blend of JP-8 and biofuel. The Air Force will be prepared by 2016 to meet half of its domestic fuel requirement with alternative fuel blends.

Fostering an aware culture
The Air Force is implementing energy awareness training and education for Airmen, civilians and contractors during basic training, officer training, technical school and more. There is also an online outreach module available to all Air Force personnel with a Common Access Card on the Advanced Distance Learning System. It provides energy tips specific to various job functions.

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Joint Base Intramural Sports Standings

Intramural Wallyball JB McGuire-Dix				NCOA				Thunder Chickens			
Team	Win	Loss	PCT	PCT = Winning Percentage				AUTOBOTS	0	2	0.000
373rd TRS	11	1	0.917					The Decepticons	0	2	0.000
314th RCS	8	3	0.727	Game Schedule				Little Giants	0	2	0.000
305th MXS	4	5	0.444	Week 5				PCT = Winning Percentage			
AMCTES	2	7	0.222	Oct. 9							
305th APS	1	8	0.111	5:30 p.m. #1				Game Schedule			
605th AMXS	0	2	0.000	87th FSS/ 87th CS vs. 305th AMXS				Week 4			
PCT = Winning Percentage				#2				Oct. 9 Titans vs. AUTOBOTS			
All games are played at McGuire Racquetball Court at McGuire Fitness Center				108th WG vs. Wildcats				Oct. 10 The Decepticons vs. Unarmed Forces			
				6:30 p.m. #1				Oct. 11 Little Giants vs. Thunder Chickens			
				174th INF BDE vs. 6th AS				All games played 11:30 a.m. at			
				#2				Lakehurst Sports Complex Football Field			
				EC vs. 305th OSS							
				305th APS vs. 621st CRW							
				1st TB vs. NCOA							
				Oct. 10							
				5:30 p.m. #1							
				87th FSS/ 87th CS vs. 1st TB							
				#2							
				Wildcats vs. 305th MXS Cobras							
				6:30 p.m. #1							
				621st CRW vs. 87th ABW/87th CPTS							
				#2							
				EC vs. 108th WG							
				7:30 p.m. #1							
				87th LRS vs. 605th AMXS							
				#2							
				87th SFS vs. 305th APS							
				Oct. 11							
				5:30 p.m. #1							
				VR-64 vs. 87th CES							
				#2							
				87th SFS vs. 174th INF BDE							
				6:30 p.m. #1							
				87th MDG vs. 305th MXS PMEL							
				#2							
				MAG 49 vs. 305th AMXS							
				7:30 p.m. #1							
				NCOA vs. 605th AMXS							
				#2							
				6th AS vs. 87th LRS							
				All games are played on either Griffith FH #1 or FH #2 field							

NEWSNOTES

Mixed Media and Pottery classes

The Arts and Crafts Center is set to host Mixed Media and Pottery classes beginning Oct. 13 and last for three weeks at Bldg. 6039. The Pottery class is from 10:30 a.m. to noon. The fee is \$30 and includes all material. The Mixed media class is from 1 to 2:30 p.m. The fee is \$25 and includes fabric and paints. Call 562-5691 for more information or to register. Children ages 6 through 12 can join.

Installation Volunteer Orientation

The Warfighter and Family Readiness Center is set to host an Installation Volunteer Orientation 10 to 11 a.m. Oct. 15 at Bldg. 3011. The orientation is mandatory for all volunteers on the installation. Call 754-3154 for more information. Preregistration is required.

Rapid Résumé Review

The Warfighter Family Readiness Center is set to host a Rapid Résumé Review class from 11 a.m. to 1 p.m. Oct. 15 at Bldg. 488-2 on Lakehurst. Participants should bring their résumé for review. Call (732) 323-1248 for more information. Preregistration is required.

'Money in Your Pocket' class

The Warfighter and Family Readiness Center is set to host a 'Money in Your Pocket' class from 6 to 7 p.m. Oct. 17 at Bldg. 488-2 on Lakehurst. Call (732) 323-1248 for more information. Preregistration is required.

Hearts Apart seminar

The Warfighter and Family Readiness Center is set to host a Hearts Apart seminar from 6 to 7 p.m. Oct. 19 at Bldg. 3811. The Hearts Apart program is designed for spouses, children and loved ones of military members currently deployed on extended TDY (more than 30 days) or serving a remote tour. Call 754-3154 for more information. Preregistration is required.

Hearts Apart Seminar

The Warfighter and Family Readiness Center is scheduled to host a dinner from 6 to 7 p.m. Oct. 19 at 3811 South Bolling St. The seminar is designed for spouses, children and loved ones of military members currently deployed or on an extended temporary duty assignment. Call 754-3294 for more information. Preregistration is required.

Gold Star Moms' Ruck March

The Gold Star Mom Ruck March is scheduled for 8 a.m. Oct. 20. The march begins on Neely Road and ends at the 621st Contingency Response Wing Global Readiness Development Center. Call 754-8385 for more information. The fee is \$20 per participant.

Breast Cancer Awareness Information

The 87th Medical Support Group in recognition of 'October is Breast Cancer Awareness month' will have information booths on breast cancer set-up throughout the Joint Base McGuire-Dix-Lakehurst. Times and locations are: 10 a.m. to 2 p.m. Oct. 24 at Falcon Creek Golf Course; 11:30 a.m. to 12:30 p.m. Oct. 31 at Lakehurst Fitness Center; and 3 to 4 p.m. Oct. 31 at the Griffith Field House on Dix.

McGuire Auto Hobby Shop

The Auto Hobby Shop is set to host a car care class from 11:30 a.m. to 12:30 p.m. Oct. 24 at Bldg. 2416. The class will focus on changing a flat and tire rotation. Call 754-4316 to register or for more information.

Air Force Tops in Blue 'Best of the Best'

The Air Force Tops in Blue "Best of the Best" concert is scheduled from 7 to 8:30 p.m. Oct. 25 at Timmermann Center. Doors open at 6:30 p.m. The event is free to all DOD ID card holders and seating is first come, first serve. Call 754-2830 or visit www.gomdl.com for more information.

International Spouses' Group

The Warfighter Family Readiness Center is set to host an International Spouses' Group from 11:45 a.m. to 2 p.m. Oct. 26 at Bldg. 5201. Celebrate the changing of the seasons with a pot luck lunch! Call 562-2767 for more information. Preregistration is required.

2012 Halloween Fest

The 87th Force Support Squadron is set to host the 2012 Halloween Fest from 5:30 to 9 p.m. Oct. 26 at Tommy B's Community Activities Center. Call 754-2830 for more information. Rules and entry forms are available for download at www.gomdl.com under the Community tab.

Transition Assistance Program

The Warfighter Family Readiness Center is set to host a four-day Transition Assistance Program seminar from 8:30 a.m. to 4:30 p.m. Oct. 30 through Nov. 2 at Bldg. 3011. Call 754-3154 for more information. Preregistration is required.

Inaugural Freaky 5K Costume Run

The 87th Force Support Squadron is set to host its Inaugural Freaky 5K Costume Run at 3:30 p.m. Oct. 31 at Infantry Park, east of Griffith Field House. Registration begins at 3 p.m. Prizes for best costumes and top three male and female runners will be awarded. Call 562-2769/2707 for more information.

Trick or Treat Hours

On-base Halloween Trick or Treating is scheduled from 6 to 8 p.m. Oct. 31. The 87th Security Forces Squadron and Pumpkin Patrol volunteers will conduct foot patrols throughout the housing area to ensure a safe and secure environment.

Joint Base McGuire-Dix-Lakehurst Chapels

Chapel Locations

McGuire Chapel – 2503 East Arnold Avenue
North Chapel – 3827 School House Road
Dix Chapel – 5240 New Jersey Avenue
Soldier's Chapel – 5950 Church Street
Cathedral of the Air – 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

Catholic

Monday through Thursday – 11:35 a.m. McGuire Chapel
Saturday – 5 p.m. McGuire Chapel
Sunday – 10:30 a.m. Dix Chapel

Protestant

Sunday – 9 a.m. Traditional - Dix Chapel
Sunday – 9:45 a.m. Contemporary - North Chapel
Sunday – 11 a.m. Liturgical - Cathedral of the Air
Sunday – 11:30 a.m. Gospel - McGuire Chapel

Army Support Activity

Sunday – 7:30 a.m. LDS - Dix Chapel
Sunday – 7:30 a.m. Catholic - Dix Chapel
Sunday – 7:30 a.m. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. – 4:30 p.m.), call 609-754-HOPE (4673).

For assistance after duty hours call the command post at 609-754-3935 or 3936.



Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

QUARED'SCRIBBLES



Driver Improvement Class

The 87th Air Base Wing Safety Office in coordination with the American Association of Retired People is set to host a Driver Improvement Class from 8:30 a.m. to 3 p.m. at the Timmermann Center. The classes are scheduled for Nov. 5, 8, 13, 14, 15, 27, 28 and 29. The class sizes are limited to 25 participants per day and are free to DOD ID card holders. Call 754-7233 or (732) 323-2525 for more information or to register.

Heartlink for New Military Spouses

The Warfighter Family Readiness Center is set to host Heartlink for New Military Spouses an interactive session to introduce new spouses to military culture from 9 a.m. to 2 p.m. Nov. 8 at Bldg. 3811. Call 754-3154 for more information. Preregistration is required.

Troop to Teachers

The McGuire Education Center is set to host a 'Troops to Teachers' briefing from 10 to 11 a.m. Nov. 15 at Bldg. 3829. The TTT program will assist eligible military personnel to transition to a new career as public school teachers. Contact gaylor.simons@us.af.mil to register.

Annual McGuire/Dix Tree Lighting and Holiday Card Contest

The Annual Tree Lighting and Holiday Card Contest is scheduled for 5 p.m. Dec. 4 at Bldg. 5417 on Dix. The ceremony will include: tree lighting, holiday carols, a visit from Santa, holiday snacks and recognition of holiday cards submissions and award presentation to contest winners. Call 754-1484/2830 for more information.

Lakehurst Tree Lighting Ceremony

The Lakehurst Tree Lighting Ceremony is scheduled for 4 p.m. Dec. 5 in front of the Joint Base Headquarters, Bldg. 150. Prelighting music will be provided by the Lakewood Baptist Church Choir. Santa will arrive on a fire engine at approximately 4:20 p.m. to greet children and take photos. Hot chocolate and cookies will be available. Call (732) 323-2405 for more information. (Rain date is scheduled for Dec. 7.)

JB MDL Thrift Shops

McGuire

The McGuire Officers' Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit JB MDL, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Broidy Road. Call 754-2368 for more information.

Dix

Regular Thrift Shop Hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3 to 7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email fordixthrift@gmail.com for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1 to 5 p.m. in Bldg. 158. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

87 LRS Customer Service and Equipment Accountability Service

Individuals with inquiries regarding supply customer service, stock control and overpricing program assistance should call 754-3306. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at Bldg. 1757, Room 166. Call 754-5154/4454 for supply parts issue requests/aircraft parts store requests. Call 754-2678/4010 for the equipment accountability office and custodian's assistance. Visit www.drms.dla.mil for DRMO procedures.

Motorcycle Course Registration

JB MDL motorcycle course registration is now open. Register at militarysafepmv.com. A participant's status in a class is not confirmed until he or she receives a confirmation email. Call 562-3082 for more information.

Neighborhood Community Watch Meetings

The joint base community is set to hold a meeting for the neighborhood community watch program from 7 to 8 p.m. every second Tuesday of the month in Falcon Courts North. The meeting is intended to inform community members on how they can help protect the community by taking part in neighborhood watches and patrols. Call 723-6563 for more information.

The Attic

The Attic is open Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. as well as Tuesdays and Thursdays from 5 to 8 p.m. Donations are accepted during normal hours of operation. The Attic staff asks no one leave donations outside of the building. Call 754-8703 for more information.

Voter Registration

The Human Resources-Military Office is offering voter registration assistance to joint base community members. The voting office will provide on-the-spot automated registration and absentee ballot request forms for all who require it. The office is located in the customer service section at 5418 Delaware Ave. Call 562-2746 for more information.

Firehouse Movie Night

A movie night is scheduled for 8 p.m. every second Friday of the month at The Airmen's Firehouse. This event is open to all E-1s through E-4s. Free popcorn and beverages will be available. Call 754-2233 for more information.

87th MDG Training Hours

The 87th Medical Group will close for readiness training at noon the first Thursday of each month.

JB MDL Base Theater Movie Schedule



Tonight:
Hit and Run
(R) 7 p.m.



Saturday:
Sparkle
(PG-13) 7 p.m.

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? E-mail the recipe and a photo to the Air, Land & Sea Times staff at 87.abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Classic french toast

- Ingredients:
- 1/4 cup flour
 - 1 cup whole milk
 - 1 pinch salt
 - 3 large eggs
 - 1/2 teaspoon cinnamon
 - 1 teaspoon vanilla
 - 1 tablespoon sugar
 - 12 thick slices french bread

- Instructions:
1. In a bowl, place in the flour, and gradually whisk in milk. Add in salt, three eggs, cinnamon, vanilla and white sugar, whisking after each addition until there are no lumps.
 2. Over medium, heat up pan.
 3. Soak each slice in mixture until moistened, then cook in pan until golden on both sides. Serve warm with syrup or favored topping.



Recipes found at freerecipes.org.

Construction Corner Notice

McGuire Fitness Center's fitness track
The McGuire Fitness Center's fitness track will be closed for resurfacing, painting and stripping until Oct. 10. The fitness track is also undergoing repairs to the rubberized material on its remaining quarter-mile until December. The 0.8 mile of rubber track will be closed for testing until Dec. 14.

Electrical shutdowns
From 9 to 11 a.m. Oct. 8 at Bldg. 1730 power will be turned off to tie-in the electrical service feeding the lights on the new parking lot. Emergency power will continue to service the command post areas.

An electrical shutdown is also scheduled from 9 a.m. to 1 p.m. Oct. 20 in the 1700 and 1800 areas during an electrical tie-in to transformer. Buildings affected by the shutdown include 1706, 1712, 1730, 1731, 1738, 1801, 1811 and 1816.

Another scheduled power outage will occur from 5 to 7 p.m. Oct. 12 at Bldg. 1837 to tie-in the circulating pumps for a new heating, ventilation and air conditioning system.

Finally, an electrical shutdown is scheduled from 8 a.m. to 8 p.m. Oct. 13 at Bldg. 5656 to verify operation of newly installed equipment and Jersey Central Power & Light maintenance of Texas Avenue sub-station.

Road closures
Paving operations are set to begin along Broome, Hancock and McCord roads on Lakehurst in November. Traffic on affected roads will be reduced to one-way with flaggers during paving operations. Portions of Hancock Road may be closed due to low traffic volume and availability of detour routes.

The traffic pattern on Pudgy Circle and Tuskegee Airman Avenue on McGuire is shut down to one lane until Nov. 12 for the duration of the demolition on Bldg. 2606.

Storm-water system repairs and improvements are scheduled until Dec. 13 in the 5900 area on Dix. JB MDL community members should expect traffic disruptions due to lane closures.

CFC

Continued from Page 1

to each squadron, group and wing throughout the base. Additionally, representatives for Army, Navy, Marines and Coast Guard will also be available."

Last year's campaign raised \$875,000 from federal agencies in Southern New Jersey with more than \$400,000 coming from the joint base. The base's goal this year is \$375,000, said Brown.

The CFC was created to organize and simplify the process for federal employees who wanted donate

to charities. The first official CFC was conducted in 1964 and introduced the concept of payroll deduction as a way to make donations, according to the CFC website.

The CFC accepts donations in the form of cash, check, direct deposit or automatic withdrawal from a pay check. The overall JB MDL CFC point of contact is Lt. Col. James Roe; however, anyone interested in donating can visit www.jointbasemdla.af.mil/combinedfederalcampaign.asp for more information and a list of unit representatives.

ATSO Alley

By Tim Larkin
Readiness and Emergency Management Office

The ask Joe ATSO question of the week is: "What are the three levels of decontamination?" The levels are: immediate, operational and thorough!

1. "Immediate" applies to individual's skin, personal clothing, equipment and frequently touched surfaces. This type of decontamination should be done as soon as contamination is suspected or detected.

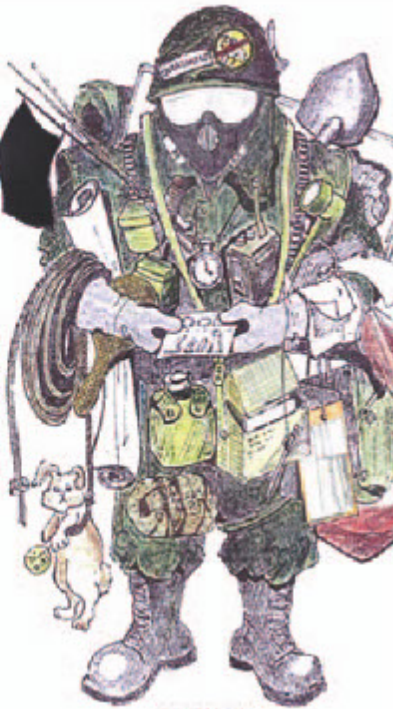
2. "Operational" applies to individuals, crews, teams, or units and their essential operational equipment, work areas, vehicles and material. This level of decontamination should be performed when operations require and when resources permit.

3. "Thorough" includes units or wings, with or without external support and must decontaminate all personnel (by setting up a Contamination Control Area), equipment, material, vehicles, aircraft, work areas and terrain.

Decontaminating personnel and resources limits the spread of contamination.

The M-291 skin decontamination kit and M-295 individual equipment decontamination kit are used to accomplish immediate and operational decontamination.

Email ATSO questions to the 87th Civil Engineer Squadron Emergency Management Flight Training at 87cescxtraining@us.af.mil.



JOE ATSO

Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's the feed tray on a M240D machine gun.

99th Regional Support Command
Well-Being Programs & Services Branch

OCTOBER
IS
NATIONAL BREAST CANCER AWARENESS MONTH

Join us on **October 12, 2012** in the Fight Against Breast Cancer and to Raise Awareness.
Where: **99th RSC Battle Assembly Hall**
5231 S. Scott Plaza, Ft. Dix, NJ 08640
Time: 0900 hrs

And bring your Best Pink on
Wear Pink to Work
On Friday October 12, 2012

POC: Mrs. Wendy Vega-Neider Office Number: (908) 502-7700 E-mail: wendy.vega@us.af.mil